

Condon's loss
a close one
Women's soccer
team losses by
in goal to the Mohawk
Mountaineers

SPOKE

A new way newspaper for Conestoga students

spoke 10

Alloped donor clinic at residence
Third annual memorial clinic
to be held on Oct. 17

News 11

A home away from home
Paring up an international student with
a local family can ease the transition

News 11

Monday, October 15, 2007

Conestoga College, Kitchener, Ont.

www.conestogaspeaks.ca/spoke

30th Year — Oct 20

Oktoberfest parade draws huge crowd

By CHRISTOPHER MALLS

It was a 1974 Oktafest that has been the last of Oktoberfest in Kitchener. This year was the last time the parade was held in the city's history.

Oktoberfest began in 1974 as a celebration for the wedding of King Edward I of Bavaria, and came to Kitchener in 1975. A small celebration at the festival in the Conestoga Club inspired a city-wide festival to celebrate Oktoberfest in Kitchener.

Today, Kitchener's Oktoberfest is one of the largest in the world, with over 100,000 people annually, mostly from the U.S. and Canada.

Although popular for its Oktoberfest beer and food, the festival is also a celebration of the city's German heritage.

Oktoberfest Day parade, held annually on Oct. 15, is one of the largest in the world, with over 100,000 people annually, mostly from the U.S. and Canada.

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Students in costume contest

Score up some costume ideas

An early get-a-pump-AVig was in the parade, and the first of the 1,000 costumes was shown at the Costume Show in Kitchener. With Halloween just 10 days away, students should be looking for costume ideas to wear at the show.

Alumni services has lots to offer graduates

By JENNIFER MALLS

If you are going to graduate, you will need to get a head start on your future.

The alumni services provide many services, which can help you get a head start on your future.

Many alumni services provide many services, which can help you get a head start on your future.

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CSI gives students in need a helping hand Food share program has been operating for 10 years

By JENNIFER MALLS

The city's new food bank is a place where students can get a head start on their future.

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Continued on Page 2

Students design RIM testing unit

By JOHN LUNNEY

Conestoga College students have designed a program, called the Research in Motion unit, to help students with their mobile phone literacy.

The RIM Library Assistant's Book 1.01 was updated in June by their new chair on the RIM computer advanced certificate program in the library program.

The unit was awarded a rating of 1.0 at the annual showcase of student projects.

Chairman of the program, Stephen Lee, the college's head administrator, said the RIM unit is a great way to help students with their mobile phone literacy.

If you're looking for the new phone, you'll find it in the new RIM unit. The unit is a great way to help students with their mobile phone literacy.

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International students in the English as a second language program had fun learning about Canadian customs and culture at Conestoga College.

ESL students enjoy Survivor Conestoga

By BARBARA LONG

International students enrolled in the English as a Second Language program at Conestoga College enjoyed a day of fun and games.

The event was held in the gym, and the students enjoyed the games and the food.

The students enjoyed the games and the food, and they had a great time.

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Speeding law won't fix problem

Many motorists, as they are keeping their eyes on their speedometer, are not paying attention to the road.

The RIM unit is a great way to help students with their mobile phone literacy.

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Leanne Mountain

Editorial

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Training for the future

Conestoga College students are participating in a training exercise in the gymnasium. The group was getting ready to perform a fire drill.

CHURCH?



Adult Educational Centre
1111 Hwy 10, Unit 10

www.thechurchofjesus.org

Adult Educational Centre
1111 Hwy 10, Unit 10



Sunday 10 am

CONESTOGA
STUDENTS INC

HALLOWEEN BASH

2007

CONESTOGA
COLLEGE

9:00 PM - 1:00 AM

ALL AGES
\$2.00 IN **ADVANCE ONLY!**
TICKETS SOLD IN ROOM 2A108

THURSDAY OCTOBER 26

a 'Hans' down good time



Early Goldilocks enters parade after guard exclusively mascot instead of a lion in downtown Spokane.



Recent members of a 19th-century local Huckleberry parade float march down King Street as the parade closes. A camera operator captures the parade's end.



Carlson Harts, 1999, is a member of the parade float.

FREE Drop-In Relaxation Sessions



Are you feeling stressed?

Would you like to try

- Deep breathing?
- Progressive Muscle Relaxation?
- Guided imagery?

Mondays @ 11:30 A.M. – 12 noon
Wednesdays @ 12:00 – 12:30 P.M.
 Spiritual Room, SLC Room 2A121

Facilitated by Sherris Bernard, Counsellor, Counselling Services

CreateAthon gives something for nothing

By Sarah Jones

The all-ages is just don't get counting the dollars. However, 12 local is a good question to ask.

They all started in 1994, when students from Pacific Integrated Community Center, the oldest in the community, started a program called CreateAthon on Sept. 27.

The CreateAthon was a 24-hour marathon that was held at the center on a Monday morning in 1994. It was a Friday morning, and Matt Doyle, graphic designer for Pacific,

It gave people a chance to see something in their own lives that they could use in their own lives. The idea came from a company called Creative Commons, which is a non-profit organization.

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This is the second year we did the CreateAthon and it was a great success," said Doyle.

"We put a lot of love and support into it, and we were able to get a lot of people involved. We were able to get a lot of people involved. We were able to get a lot of people involved.

The organizers, particularly, were greatly affected by the last session of morning, and they were able to do it.

Last Monday, students started the CreateAthon at 10:30 a.m. and the center was full of students. They were able to get a lot of people involved. They were able to get a lot of people involved.

It was a great day for the center. It was a great day for the center. It was a great day for the center.

They were able to get a lot of people involved. They were able to get a lot of people involved. They were able to get a lot of people involved.

"What they created was a lot of things that they could use in their own lives. They were able to get a lot of people involved. They were able to get a lot of people involved.

Remember, that's the idea of the CreateAthon. It's a non-profit organization. It's a non-profit organization. It's a non-profit organization.

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They were able to get a lot of people involved. They were able to get a lot of people involved. They were able to get a lot of people involved.

The CreateAthon was a great success. It was a great success. It was a great success. It was a great success.

WHEN DATING TURNS DANGEROUS

Stalking

Stalking is a crime that happens on college campuses more often than in the general population. Stalking is not a night event but a pattern of behavior that makes the victim being targeted feel frightened and controlled. Over time, their actions may become more aggressive and dangerous — sometimes even life threatening.

Actions that constitute stalking may include:

- ◆ Repeated telephone calls, letters, or emails
- ◆ Sending unwanted gifts (e.g. flowers)
- ◆ Showing up uninvited at places the target frequents (e.g. home, work, entertainment)
- ◆ Stalking mail
- ◆ Following, watching, tracking
- ◆ Threatening harm to the person being stalked, family or friends
- ◆ Threatening or harming pets



Do not hesitate to ignore this behavior. Report this to Campus Security (Doon campus, Room 2B10 ext. 2287) or the Police. You may need support in dealing with the stress of being stalked. Counselors are available in the Counseling Office, Doon Campus, Room 1A103, 748-5228 ext. 3360. On-Call Campus, Ashland, 748-5228 ext. 748 or Willamette Campus, Room 1C04, 545-0088 ext. 334. Information on community support is available through your Counseling Office.



Photo by Elizabeth Boer

Browsing for jewelry

Crystalia Griffin and Briana O'Keefe both in 22 years' practical nursing students, exam the look on accessories at a jewelry booth outside the college on Oct. 5.



Photo by Elizabeth Boer

Sex with Sue

Sue Johnson, a registered sexual health nurse, gestures to be shocked by the personal sex questions Cornwall College students asked her at her Talk Sex presentation on Oct. 4. Some of the questions were about penis size, how to prolong your penis's orgasm and how to reduce personal anxiety. When Johnson was asked for greater accomplishments she answered: Being my age and not having credibility with students.

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The Story**

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Are You Considering University After College?

Plan to attend the

Transition to University: Transition Planning Workshop

Counsellors in Counselling Services recognize that the process of choosing and applying to university(s) can be a challenge. This workshop is available to give you information and provide you with an opportunity to ask questions about degree completion, search sites and the application process. Free.

Tuesday, October 23rd @ 3:00 Room 2E06
or

Thursday, October 25th @ noon Room 2D21



Head-to-head

Welcome to Steroid Mythology 101

'Get them off the juice'

Has there ever been a more contentious issue around sport? Especially in professional sports?

I am not going to go into and develop the negative effects of steroids, because that is easy and most are aware. However, it is often in sports enough to ask the question: Is this for a little competitive edge, or is it a real problem?

While I do acknowledge that steroids give an edge to a much more successful than people think (usually to people below) athletes, do you really see how far it goes? Is it a little competitive edge, or is it a real problem?

When you talk steroids, you talk about the use of anabolic steroids, which are synthetic versions of testosterone, which is a natural hormone. It promotes muscle growth, increases strength, and speeds up recovery. It is used by athletes to gain an edge, but it is also used by people who are not athletes.

However, steroids do not magically give you strength and ability to beat the most powerful athletes in the world. In fact, they can be very harmful to the body, and can cause a variety of health problems. So, while steroids can give you a little extra edge, they can also be a real problem.

One major example is the use of steroids in the NFL. In 1999, the NFL implemented a steroid testing program. Since then, the NFL has found that the use of steroids is still a problem. In fact, the NFL has found that the use of steroids is still a problem.

There are many other examples of steroid use in sports. In fact, steroids are used by athletes in a variety of sports, including baseball, basketball, and soccer.



Cheppathur Mili

Opinion

It is not just that look players have a lot of testosterone, but it is also the fact that they are not naturally big.

I have had the great pleasure of working with the legendary Vin Lapina. I told him that I was a fan of testosterone, but he told me that the look players are not naturally big.

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Mike McManis

Opinion

There are many reasons why steroids are used by athletes. One of the most common reasons is to gain an edge. Steroids can increase muscle mass, strength, and speed. This can be a huge advantage in sports.

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Need a Job? Get a Job! at the JOB FAIR

EMPLOYERS WANT YOU. MEET WITH BUSINESSES IN YOUR FIELD OF STUDY AND BEGIN YOUR CAREER.

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Participate in the Job Fair
and Win 1 of 2 iPods!!



Tips for Success

- Have your CV prepared to hand out
- Network as you can instead of in a group to stand out from the crowd



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CAREER SERVICES

Visit Us In a No Employment Services
1. In the Student Centre on the 1st floor of the Student Centre
2. In the Career Services Room 202
3. In the Career Services Room 202

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MONDAY MOVIES



UPPER
SANCTUARY
AT 11:30AM

THE GREAT URBAX FREAK SHOW

OCTOBER 24, 2007
SANCTUARY 11:30 am

DAN VALKOS psychic

It's out of this world
October 16, 2007
SANCTUARY - 12 pm - 2 pm

AGM

CSI annual general meeting

Open House and Meet and Greet
Complimentary Refreshments, snacks and pizza
Speakers from Planet Bean
(free grade coffee)
All invited

October 16th, 2007
Sanctuary from 4:00pm to 5:00pm

CONISTOGA
STUDENTS INC.

..... We're Growing

A large, detailed sunflower graphic is positioned in the bottom right corner of the poster.